VEGETARIAN/VEGAN ACTION NEWSLETTER, WEDNESDAY (2ND WEDNESDAYS), OCTOBER 9, 2019.


Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology

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To be removed from this mailing, drop me a note unsubscribe, but please continue your urgent advocacy of vegetarianism and veganism.

This Newsletter is about food and its consequences in 3 categories: human health, cruelty to animals, and climate catastrophe. Tell people about OMNI, our Veg Potluck, its comprehensive message, and Newsletter.

OMNI's NEXT VEGETARIAN/VEGAN POTLUCK (NEWSLETTER #62), is Wednesday, OCTOBER 9, 2019 (2ND Wednesdays), at OMNI, Center for Peace, Justice, and Ecology. We start eating at 6:00.

Kathleen Paulson, M.D., and George Paulson, UAF Instructor, will present their study of the health and nutrition of plants compared to meat. Discussion will follow.

All are welcome to the experience of eating together and becoming better informed for a healthier and safer life for all sentient beings and for the atmosphere and soils. Each of you is invited to tell about your favorite Vegan recipe. And if you have time bring along the recipe for your potluck creation.

OMNI is located at 3274 Lee Avenue parallel to N. College southeast of the Village Inn and 2ND building south of Liquor World. More information: 935-4422; 442-4600. Or take College to Harold St (at Flying Burrito), turn east (right if you’re heading north). Go one block
to Lee and turn left. Go one block to Bertha. We’re the gray brick on the corner, 2nd house south of Liquor World, solar panels on roof!

Or bike to OMNI. For example the Trail goes from MLKJr. Blvd. north passing OMNI to the west, and it is a short and easy route along Appleby to Fiesta Square then across 71B to OMNI a few blocks farther.

CONTENTS

HUMAN HEALTH AND NUTRITION

Kathleen Paulson, M.D., and George Paulson will present resources for a plant diet.

Ko, Cookie Recipe
Heneline, LTE

More Good Medicine articles: MS, Diabetes

ANIMAL RIGHTS

Undercover Reporting Legal
S. Korean Abuse of Dogs
Books on Animal Sentience
Pets But Not Farm Animals?

CLIMATE

Amanda Little, The Fate of Food

TEXTS

HEALTH, NUTRITION

RESOURCES on whole foods, plant-based diet for optimal health will be on display.

Compiled by Kathleen Paulson, M.D. and George Paulson. Discussion.

WEBSITES:

https://nutritionfacts.org/
https://www.pcrm.org/
https://www.forksoverknives.com/
https://www.drmcdougall.com/
http://thegreekvegan.com/

DOCUMENTARIES:

Forks Over Knives
Eating You Alive
Cowspiracy
What the Health
PlantPure Nation
Diet Fiction
PlanEAT
BOOKS:
The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health by T. Colin Campbell, PhD

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure by Caldwell B. Esselstyn, Jr. MD

How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease by Michael Greger, MD

Whole: Rethinking the Science of Nutrition by T. Colin Campbell, PhD

Eat for the Planet: Saving the World One Bite at a Time by Nil Zacharias

[The Paulsons are giving all their books to OMNI's Library! And they will be available to inspect at our October Potluck.]

LECTURES (i.e TED Talks) available on YouTube by the following authors:
Michael Greger MD
T. Colin Campbell MD
Caldwell B. Esselstyn, Jr. MD
Dean Ornish MD
Neal Barnard MD
John McDougall MD
Joel Furhman MD

MISC NEWS ITEMS

“McDonald’s to Test Plant-based Burgers.” NADG (9-27-19).
The sandwich, called “the PLT, for plant, lettuce, and tomato,” will be sold in Ontario, to compete with Burger King’s test of its “plant-based Impossible Foods” sandwich, itself a rival to “Beyond Meat.” All are a response to “strong demand from customers.” Similarly, KFC is testing imitation chicken products in Atlanta in partnership with Beyond Meat.

I haven’t tried it, but I’ll bring the recipe with me for anyone who wants to check it out.

Items from *Good Medicine*. The Physicians Committee for Responsible Medicine (Spring 2018).

Saray Stancic, M.D. “Tackling MS with a Plant-Based Diet.” After Dr. Stancic was diagnosed with MS, she changed her medical specialization and has made a film, *Code Blue: Foods, Inflammation, and Multiple Sclerosis.*

“Dr. Neal Barnard’s Cookbook for Reversing Diabetes”: *Reversing Diabetes.* The brief article includes a salad recipe that sounds very healthy and delicious, “Power Lunch Bowl.”

“Vegan Diet Boosts Function of Insulin-Producing Cells.”

**ANIMAL RIGHTS**

“Iowa law on undercover farm work tossed.”  *AD-G* (1-10-19)

DES MOINES, Iowa -- A federal judge on Wednesday struck down an Iowa law that made it illegal to get a job at a livestock farm to conduct an animal-cruelty undercover investigation, finding the law violated the constitutional right to free speech.

U.S. District Judge James Gritzner sided with opponents of the 2012 law that was intended to stop organizations like People for the Ethical Treatment of Animals from doing animal-abuse investigations at farms and puppy mills. Iowa lawmakers approved the measure, which threatened up to a year in jail to those who conducted an undercover operation, after several high-profile cases in which animal-welfare advocates recorded questionable animal treatment and then publicized the images through the media.

For Millions of Dogs, South Korea Is Hell on Earth


Summer in South Korea brings the brutal, barbaric Boknal “dog eating days,” when more than a million dogs are tortured and slaughtered for meat.

Animal books

OCTOBER 1 VEGETARIAN WEEK

*When Elephants Weep*

*Animal Minds*

*How Animals Grieve*

*Some We Love, Some W...*

*Animal Wise: The Thought...*

*Are We Smart Enough t...*

*The emotional lives of a...*

Searches related to *Beyond Words: What Animals Think*

beyond words what animals think and feel pdf

beyond words what animals think and feel quotes
9-15-19 LETTER TO CARMEN Nelson, Director of Animal League of Washington County
(“League Provides Rescue, Rehab, More for Animals in Need” (NADG 9-15-19). I asked Ms. Nelson why she limited animals in need to pets, and did not include slaughtered farm animals, but received no reply.

CLIMATE
OMNI’S CLIMATE BOOK FORUM Sunday, November 3, FPL, 1:30.


In the fascinating story of the sustainable food revolution, an environmental journalist and professor asks the question: Is the future of food looking...

Videos
Inside the Book: Amanda Little (THE FATE OF FOOD)
Amanda Little on What We'll Eat in a Hotter, Smarter World
How Our Food Will Be Different In The Future | Amanda Little ...
Learn a new word? Degust

Business of Expanding Plant Foods Industry
Health, Nutrition
   Articles from Good Medicine
   Chickens Are Unhealthy

Protecting Animals Against Carnivorism
   Carl Jafina, Beyond Words: What Animals Think and Feel

Defending the Climate
   Stop the Food Crisis, Support the Climate Stewardship Act

Pro-Vegan Readings and Films from Kathleen and George Paulson

Chris Hedges

END VEGETARIAN/VEGAN ACTION NEWSLETTER #62

Dick Bennett

(479) 442-4600
2582 Jimmie Ave.
Fayetteville, AR 72703